

# Individual Best Times (All Time)

Harrison Wood - (1172110) - Basildon and Phoenix SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.28	25.50	503	31/07/18	Swim England National Summer Meet	Sheffield	ENG009	1
100 Freestyle	56.46	55.00	571	27/05/18	East Swimming Long Course Championships 2018	Luton	ER180214	1
200 Freestyle	2:05.81	2:03.00	532	01/08/18	Swim England National Summer Meet	Sheffield	ENG009	1
400 Freestyle	4:43.29	4:38.30	468	20/01/18	Essex Age Group Championships 2018	Basildon	ER180154	1
50 Breaststroke	38.79	38.00	299	03/02/18	Essex Age Group Championships 2018	London	ER180155	1
100 Breaststroke	1:26.98	1:25.50	279	17/02/18	Essex Age Group Championships 2018	Basildon	ER180157	1
200 Breaststroke	3:06.97	3:04.10	302	21/01/18	Essex Age Group Championships 2018	Basildon	ER180154	1
50 Butterfly	28.60	27.90	472	26/05/18	East Swimming Long Course Championships 2018	Luton	ER180214	1
100 Butterfly	1:05.37	1:04.20	432	28/05/18	East Swimming Long Course Championships 2018	Luton	ER180214	1
200 Butterfly	2:29.13	2:27.00	405	18/02/18	Essex Age Group Championships 2018	Basildon	ER180157	1
50 Backstroke	32.80	32.20	370	03/02/18	Essex Age Group Championships 2018	London	ER180155	1
100 Backstroke	1:10.38	1:09.20	394	21/01/18	Essex Age Group Championships 2018	Basildon	ER180154	1
200 Backstroke	2:30.73	2:28.50	409	21/01/18	Essex Age Group Championships 2018	Basildon	ER180154	1
200 Individual Medley	2:26.59	2:23.90	470	18/02/18	Essex Age Group Championships 2018	Basildon	ER180157	1
400 Individual Medley	5:18.48	5:12.90	441	17/02/18	Essex Age Group Championships 2018	Basildon	ER180157	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.78	27.50	426	24/11/17	BPSC Winter Club Champs 2017	Basildon	ER172323	4
100 Freestyle	56.06	57.50	511	21/10/18	Essex Senior Winter Champs 2018	Basildon	ER181237	2
200 Freestyle	2:02.26	2:05.10	536	20/01/19	Essex Age Group Champs 2019	Basildon	ER190208	2
400 Freestyle	4:35.66	4:40.70	456	27/11/17	BPSC Winter Club Champs 2017	Basildon	ER172323	4
50 Breaststroke	36.37	37.20	322	01/12/17	BPSC Winter Club Champs 2017	Basildon	ER172324	4
100 Breaststroke	1:22.55	1:24.10	300	24/11/17	BPSC Winter Club Champs 2017	Basildon	ER172323	4
200 Breaststroke	2:59.07	3:02.00	302	27/11/17	BPSC Winter Club Champs 2017	Basildon	ER172323	4
50 Butterfly	29.16	29.80	414	01/10/17	BPSC Season Opener 2017	Basildon	ER171612	3
100 Butterfly	1:02.33	1:03.50	450	20/01/19	Essex Age Group Champs 2019	Basildon	ER190208	2
200 Butterfly	2:20.56	2:22.80	439	20/01/19	Essex Age Group Champs 2019	Basildon	ER190208	2
50 Backstroke	32.53	33.10	313	24/11/17	BPSC Winter Club Champs 2017	Basildon	ER172323	4
100 Backstroke	1:08.50	1:09.70	351	01/12/17	BPSC Winter Club Champs 2017	Basildon	ER172324	4
200 Backstroke	2:26.41	2:28.70	375	27/11/17	BPSC Winter Club Champs 2017	Basildon	ER172323	4
200 Individual Medley	2:21.94	2:24.70	460	20/10/18	Essex Senior Winter Champs 2018	Basildon	ER181237	2
400 Individual Medley	5:12.70	5:18.30	423	26/11/17	BPSC Winter Club Champs 2017	Basildon	ER172323	4
100 Individual Medley	1:05.91	1:05.90	417	21/10/18	Essex Senior Winter Champs 2018	Basildon	ER181237	2